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MACK DATA

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The Mack School of Nursing

St. Catharines,

Ontario

Presents

Mack Data

1970

To Those Who Follow

It is with deep feeling of responsibility and pride that this yearbook is dedicated to the future graduates of The Mack School of Nursing.

As the Class of 1970 we are the first nurses to graduate from the Mack School of Nursing, an honour which we will cherish proudly on the one hand and yet humbly on the other.

To you, future graduates, we hand on the assets and the facilities of our school. Use them well and wisely. What we are now and what we are yet to be depends not on others but on each of us. With us has been the responsibility of the beginning of the history of our school. With each of you lies the responsibility of the increasing tradition, for as you pass through the school you shape the ever growing history of its future.

Class of 1970

Editorial

To every thing there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

A time to get, and a time to lose; a time to keep and a time to cast away;

A time to rend, and a time to sew; a time to keep silence, and a time to speak;

A time to love, and a time to hate; a time of war, and a time of peace.

----Ecclesiastes 4, Verse 1-8

As we conclude our final year it is the "season" of farewell to our classmates, fellow students, teachers and school; and it is the "time" to go forward as professional nurses to meet the responsibilities of our future in our chosen field, in our homes, in the community and in our country.

Three years ago, we the Class of 1970, entered the new regionalized Mack School of Nursing. This was the "time" of birth, not only of our school, but also the birth of a new life for us, our one ambition being to become nurses.

As we look back on these years we realize we have attained much more than our goal. This was the "time" of planting. We have developed skills in our profession, abilities in ourselves, understanding of our fellow man, respect for our teachers and friendships with our classmates that will bind us together through the years of our lives. Now is the "time" to pluck that which was "planted" and to use our abilities and skills for the good of our fellow man as we pursue our careers, secure in the knowledge that, although life before us may not always be easy, we are confident because we have encountered, during our training, many "times and seasons", and through them have attained a better understanding of ourselves and others.

Classmates; as we leave our school for the last time, stop and think of the things it has given us. Looking at the faces of our peers - probably seen together as a group for the last time, we realize we are leaving a great deal behind, but we are taking a great deal more with us. Fond memories of friends, variety shows projects, teas, dances, the ups and downs of learning, and above all the tools and skills of that education with which to serve and serve well in the field of professional nursing we take with us wherever we may go. These were the things we shared mutually and these happenings have created a bond between us and within us that can be shared by none other than us - the Class of 1970.

It is my sincere wish that this yearbook will serve you well as an instrument with which you can, in later years, stop the hands of time and give you moments to reflect upon past memories of friends and events so dear to you now.

Good luck and God bless you.

K. Beall

Editor.

Principal's Message

As your Graduation Day draws near, I am proud and more than satisfied with your accomplishments, both personally and professionally, during your years at The Mack School of Nursing. The members of the Faculty and I are pleased to have been instrumental in guiding you towards this very happy day.

At this time, I think of the plaque on the wall in the Legislative Building in Charlottetown, Prince Edward Island, on which is inscribed "In the hearts and minds of the delegates who assembled in this room on September 1, 1864 was born The Dominion of Canada". The phrase "In the hearts and minds of the delegates" seems to me appropriate to our situation.

The Mack School of Nursing has been founded in the hearts and minds of those who have supported the concept of the Regional School, those who have created and communicated our curriculum and, of course, you who have met the challenges of the programme.

As graduates of The Mack School of Nursing, continue to use your minds to keep up with advances in scientific knowledge and apply this knowledge in the practise of your profession. The philosophy of our school emphasizes the worth and dignity of every individual and you have learned to use your hearts, particularly in relation to your nursing care.

Having used your hearts and minds, you have played a large part in the forming of The Mack School of Nursing, just as the previous graduating classes of The Mack Training School for Nurses have made their contribution to the nursing profession. If you continue in the way you have started, you stand to gain much personal satisfaction in the years that lie ahead.

I wish to congratulate you on your achievements and offer best wishes for your future success and happiness.

Sylvia Brough

(Miss) Sylvia Brough, M.S., Reg. N.
Principal, The Mack School of Nursing

Dear Graduates:

Congratulations! This is your year, your day, your hour in a very special way. It has meaning, this moment, in what has gone before - the recent and remote past - and what can lie ahead - your future - planned and hidden, immediate and ultimate.

It is for you to choose your continuous becoming. But in these efforts "you never walk alone".

Sister Sheila Boase r.h.s.j

Sheila Boase R.H.S.J.
Coordinator of Internship

Friendly Persuasion?

International Pledge

In full knowledge of the obligations I am undertaking I promise to care for the sick with all the skill and understanding I possess, without regard to race, creed, colour, politics or social status, sparing no effort to conserve life, to alleviate suffering and to promote health.

I will respect at all times the dignity and religious beliefs of the patients under my care, holding in confidence all personal information entrusted to me and refraining from any action which might endanger life or health.

I will endeavor to keep my professional knowledge and skill at the highest level and to give loyal support and co-operation to all members of the health team.

I will do my utmost to honour the international code of ethics as applied to nursing and to uphold the integrity of the nurse.

St. Catharines General Hospital

The nursing staff of The St. Catharines General Hospital extend sincere congratulations to the members of the First Graduating Class of The Mack School of Nursing.

We have observed your progress during the last three years when change has been so rapid. You have shown ability to adapt well, to maintain poise and to increase your skills. As you continue to adjust to the changing demands of your profession, may you find an ever-increasing sense of accomplishment and satisfaction.

Best wishes for your success and happiness in the future.

Lillian R Flight

(Mrs.) Lillian R. Flight,
Director of Nursing Service.

Hotel Dieu Hospital

On behalf of the staff of Hotel Dieu Hospital, may I extend sincere congratulations to the first graduating class of the new Mack School of Nursing.

Ours is a special interest, for it has been our pleasure to have had many of you working with us as students and nurse internes. We hope that you profited by and enjoyed the time you spent here.

For the future, we wish you fulfillment and happiness in your profession.

Marjorie Hemphill

Mrs. J.F. Hemphill,
Director of Nursing Service

Welland County General Hospital

It is with a great deal of pleasure that I offer my congratulations to the first graduating class of the Mack School of Nursing.

To many of the staff of Welland County General Hospital, you are the first student nurses that they have encountered in many a year. To all of us you are the first group of "Nurse Internes" with whom we have shared the nursing care of our patients. Our association with you has been most satisfactory.

I know that all the members of the nursing staff, together with members of other departments join me in expressing our good wishes to you.

Personally let me wish for each one of you, a soul satisfying participation in your profession.

Laura M.R. Lambe

Laura M.R. Lambe,
Director of Nursing.

Niagara Peninsula Sanatorium

The members of the staff of the Niagara Peninsula Sanatorium are pleased to have participated in the educational program of the first class of the newly established Mack School of Nursing.

You have had the opportunity to become prepared to meet many of the phases of your chosen profession as it exists today. This is an important step in nursing and nursing education but there are higher goals to attain if you are to meet the challenge of the future.

We wish you well and hope that you may find great joy and satisfaction in being nurses.

Helen K. Robinson.

Helen K. Robinson,
Director of Nursing.

Port Colborne General Hospital

It is my pleasure at this time to wish you, the members of the class of 1970 of The Mack School of Nursing - good health, happiness and a real sense of satisfaction in your professional life.

Miss F. Rutledge,
Director of Nursing.

President's Message

'The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.'

Thomas Henry Huxley.

With the coming of graduation, the class of '70 steps from another 'rung' on the 'ladder' - a ladder with rungs made up of joys and sorrows, disappointments and achievements of life.

Although graduation is a time for looking ahead to the future, it is also a time for glancing back at the past three years. (Was it really that long ago?). You arrived, the first new class of a new school, there were many tasks before you - a constitution to be draughted, philosophies to be established and an image to be created. These tasks were met and accomplished in a way which will help those who will come after you.

And now a glance to the future. Although you are leaving one 'rung' on the 'ladder' you are also arriving at a new one. Will you rest here, or will you pause only long enough to get your footing and go on?

The ladder of life stretches farther than the eye can see and to the class of '70 from those of us who follow, go our sincerest wishes that each new rung of experience be a challenge and an accomplishment.

Charlotte Sandham

Charlotte A. Sandham,
President, S.N.A.

SNA Executive

FRONT ROW, Left to Right: J. Penton, K. Beatt, C. Sandham, B. Scott, R. Biggar, P. Easton.
BACK ROW: E. Doyle, D. Hynes, C. Nourse, L. Steinmetz, H. Hiebert, B. Black.

Data Staff

FRONT ROW, Left to Right: C. Lovett, S. Toovey, K. Beatt, B. Black.
BACK ROW: K. Kennedy, B. Mehlenbacher, P. Sullivan, J. Twardawa, E. Edwards, C. Gingras.

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A special thanks to all of you who contributed in any way to the formation of this year's edition of Mack Data.

The Staff

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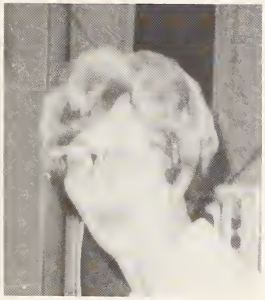
MSN Faculty



What is a Student Nurse?

Student nurses are found everywhere, on top of, underneath, running around, jumping over, or slithering past patients' beds. Doctors overlook them, mothers worry about them and patients love them.

A student nurse is courage under a cap, a smile in snowy white, strength in starched skirts, energy that is endless, the best of young womanhood, a modern Florence Nightingale. Just when she is gaining poise and prestige, she drops a glass, breaks a syringe or steps on a doctor's foot.

A student nurse is a composite. She eats like a team of hungry interns, works like the whole nursing staff put together. She has the speed of a gazelle, the strength of an ox, the quickness of a cat, the endurance of a flagpole sitter. To the head nurse, she has the stability of mush, the fleetness of a snail, the mentality of a mule and is held together by starch, adhesive tape, and strained nerves. To an alumna, she will never work as hard, carry more trays, make more beds, or scrub on more cases than her predecessors.

A student nurse likes days off, boys her own age, the OR, affiliations, certain doctors, pretty clothes, her roommate, and mom and dad. She's not much on working 3-11, days off with class, alarm clocks, getting up for roll call, or eating corn beef every Tuesday.

A student nurse is a wonderful creature; you can criticize her, but you can't make her quit. Might as well admit it, whether you are a head nurse, doctor, alumna, or patient, she is your personal representative of a hospital, your living symbol of faith and sympathetic care.

She is judged not by her race, religion, or social standards; she is measured by a professional yardstick that measures her ability to make a bed, apply bandages, or sacrifice her time to ease the pain of a patient, simply for the satisfaction of a job well-done. She is a hard-working, determined young girl doing her best for her school and hospital. Whenever she becomes discouraged, or the lamp gets too heavy, she should remember that there is a reward waiting for her, because surely some of God's angels wear white caps instead of halos and carry medicine trays instead of harps.

--- Laurel Leaf ---

Juniors...

...A Time to Plant

Life gives us a time to laugh, to reflect, to work, to achieve and a time to speak to someone in warmth and sincerity. Now is the time of happiness because you have attained one long-awaited goal which has ushered you into another "new beginning". Having shed your high school cocoons, you take up another purpose and accept the challenge of continued intellectual pursuit. You are happy because the need to explore and create is being renewed as anticipated new experiences confront you.

As you think about what is to be, you feel the need for a personal philosophy which gives purpose to the activities of living. This philosophy will give meaning to your experiences, and sustenance through moments of discouragement and sadness. The phase of personal growth which you undergo in nursing is not easy as you experience life's joys and sorrows; its triumph and tragedy; and its bewilderment and insight. Through all of this your knowledge grows, but more important, so does your concept of yourself and the universe.

The challenge of examining previously unexamined certainties and seeking answers will require much intellectual effort and personal involvement. Avoiding the unknown is easier, yet the unknown with its disappointments and surprises is sometimes the most enriching. Bear in mind that success is a journey, not a destination and that wishes are the echo of a lazy will. Like a seed, nursing has been planted within you. Your care, concern and attention will ensure its future growth. You will need to reconcile the gap between the idealism and the realism in nursing remembering that the spirit of the true inquirer supports intellectual honesty and humility, both of which enable you to realize how much remains to be learned.

As I address these remarks to you, I feel that there is a common understanding of purposes, and their associated frustrations and satisfactions both of which somehow enrich us. Your knowledge will continue to multiply while your relationships will expand. Take time to develop friendships realizing that these are discovered in the experience of living. Remain encouraged by man's unquestionable ability to elevate his life by conscious endeavour. Advance confidently in the direction of your dreams and efforts. We know that trying to relieve man's suffering, helping to sustain those in need, and helping people to experience peace is what life is all about. This gives meaning, vigour and taste to living.

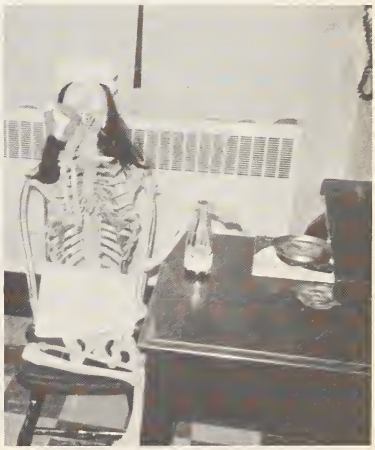
Mary Sirotnik

Mary Sirotnik
Coordinator of Term I

Report this one to the J.C. coming in at 12:31 a.m.!!

E. Clayton
J. Crerar
P. Cristelli
L. Cuthbert
S. Delazzer
M.J. Dillon
R. Duguay
H. Dyck

J. Adams
K. Andrews
M. Angle
L. Baranek
P. Barlow
P. Brown
B. Burger
F. Chambers



You think your day was rough!

I. Dymek
P. Easton
V. Enns

A. Fortin
J. Freidlein
D. Galsworthy

A. Gillingham
S. Gionet
L. Glover

Ah! The life of a Male Nursing Student!

"Quick! It's the housemother."

S. Gordon
H. Gortzen
D. Hobbs

I. Hrin
H. Janzen
L. Kashulak

C. Kearsey
L. Kinnear
A. Kitney

Get those feet down and shoes on!

D. Lundin
P. Marazzo
N. Marshall

D. Martin
G. Martin
M. Martin

A. McAdorey
S. McAllister

C. Lacharite
L. Larway
E. Leach

E. Learn
R. Liewert
C. Little

C. Lovett
M. Luce
J. Lumsden

Watch those Body Mechanics.

L. McNall
M. Miller
H. Murray

N. Osman
I. Otten
J. Pearce

M. Pentaluke
K. Peters
C. Petkau

What hurricane passed through here!

D. Potts
L. Ptashnyk
E. Reimer

S. Repath
J. Richardson
C. Robson

L. Rogalski
D. Rowell
J. Rudyk

Stage hands - McKinnon's Productions

Doesn't she know "three's a crowd".

S. Wickabrod S. Yarr R. Zutt
H. Young

C. Sadowski D. Skursky M. Vlaar
P. Schreiner D. Thompson S. Westbrooke
P. Sensabaugh G. Turnball M. Whitehead

Pictures Not Available

M. Dejonge
M. Gorman
J. Honcoop
S. Mowat
I. McSweeney
J. Ottaway
P. Sullivan
V. Sutch

Smile...

Those darn toilets!

"Cheese"

"The Mod Squad"

"Tell me another joke."

"Swinging Schmon"

"The Juniors"

"Another exciting Friday night."

A star is born!

"All dressed up and nowhere to go!"

K.P. again?

Intermediates...

...A Time to Grow

To the Class of 1971:

Congratulations upon reaching the beginning of your internship year. It is traditional when one begins something new to wish them happiness for the days that lie ahead. Happiness is something which is difficult to define and harder to advise people how to achieve it. It is well-known that we cannot find happiness by searching for it, but that it comes closest to us when we accept responsibility and do our best in the face of difficulties. Hold, then, to the difficult and learn to deal with it.

"May life open to you, door by door; may you find in yourself the ability, and the courage to give to the difficult the most confidence of all."

Lois A. Miller

Lois Miller
Assistant Principal
Co-ordinator of Term II

What do you mean the hair dryer's broken!

S-T-R-E-T-C-H . . . . .

Now a false mole here . . .

J. Doughty
J. Domitrek
E. Doyle

C. Duff (Mrs.)
D. Dunnam
E. Edwards

J. Enns
M.J. Forand
D. Friesen

R. Biggar
B. Black
S. Boyak

F. Brouillette
M. Chisholm
P.A. Clark

M. J. Cooke
R. Detlor
J. DeWeerd

Fire drills at 2:00 a.m.?

C. Gingras
C. Halenko
C. Hallborg
J. Hammel
R. Hannigan
S. Harris
H. Hiebert
L. Hodge (Mrs.)
D. Hynes

Lose pounds the fun way!

E. Johnson
M. Kaethler
G. Kooistra
N. Kneale
L. Lofkrantz
E. MacGregor
J. MacPhee
O. MacPhee
H. MacRae

"Sing along."

I didn't really sleep in - did I?

J. Penton
D. Phippen
D. Piccini
K. Preece
C. Punzo
J. Ritenburg
J. Ritson
P. Roberts
J. Robson

C. Nourse
L. Masotti
L. McCallum
N. Miotto (Mrs.)
G. Osborn
L. Morris
N. Newman
M. Nott
L. Osborne

You know I'm enjoying this - but please, let me go, - people are watching.

D. Rusk
C.A. Sandham
C. Scapillato

E. Schiller
B. Scott
G. Shalenko

A. Smit
S. Smyth
L. Steinmetz

Guess who?

D. Stokes
C. Thwaites
G. Tomori

D. Tremblay
A. Vanee
R. Verhaeuen

S. Vernon
C. Watson
E. Weller

We have finished our homework - besides, there's a new doctor show on to tell us how it's really done!

Start again- you were off key.

J. White
D. Williams
M. Woodburn
A. Wowtshko

These are future nurses?

Life in Residence

Time for a breather those Nursing Care Plans can sure get you down

Student's Destiny

A.M. care is for the birds

Please don't make her cry anymore

Remember When:

- Linda lost her nylon down the drain (almost)
- 3rd Floor was rudely awakened on Saturday Morning very early to the sounds of "I'm leaving on a Jet-Plane" due to the courtesy of a clock-radio
- there was a ghost in 1st floor's apartment
- Phoebe lost her brand new tooth-brush very mysteriously down the hole in the floor
- Alice didn't get her good-night phone call
- Ellen was all soaped up in the shower and the water shut off
- Georgie was almost crushed by a flying screen
- the painters had to call for help to get out of a locked room
- Linda & Phoebe were rudely confronted by masses of tape & couldn't get out of their rooms
- Ann tried to hammer the hinges off the cupboard door because her keys were locked in - and she found them on the desk
- Mooch's sink got plugged at an inappropriate time with a very nauseous substance
- Barb's hair turned white when she went to awaken Annette for a phone call
- Donna was broadcasting about her new green bra
- 1971 was three years away

Special Occasions

Lynne's Shower

Breakfast Party for Teachers

4th Floor Christmas Party

Graduates....

...A Time to Go Forth

M.S.N.'s First Graduates

JANET AIKEN
Industry, economy, honesty and kindness form a quartet of virtues that will never be improved upon.

LINDA ANDRES
The measure of life is not its duration,
But its donation.

LINDA BARRETT
Under the magnetism of friendship, the modest man becomes bold, the shy, confident, the lazy, active, and the impetuous, prudent.

KATHLEEN BEATT
It is important that we get up each morning, for it is the first day of the rest of our lives.

CAROLE BEDARD
If you are content with the best you have done, you will never do the best you can do.

JANICE BROWNLEE
Wish not so much to live long as to live Well.

LYNN (DORSEY) CAMPBELL
How far that little candle throws
his beams!
So shines the good deed in a
naughty world.

CHERYL CLARK
It is our responsibilities, not ourselves, that we should take seriously.

JUDITH CLIMENHAGE
For the cause that lacks assistance,
The wrong that needs resistance,
For the future in the distance,
And the good that I can do.

ELIZABETH CONNELLY
For the past is past and will never return,
the future we know not, and only the
present can be called our own.

COLLEEN COUSINEAU
Grief can take care of itself, but to get
the full value of a joy you must have some-
one to divide it with.

FRANCES CREEGGAN
Every man is the architect of his own fortune; but let us say: Everyman is the architect of his own character.

PAMELA DALE
If we do meet again, why we shall smile;
If not, why then this parting was well made.

NANCY DMYTROW
Ideals are like the stars: You can never touch them with your hands, but, like the mariner... you take them as your guides, and following them, you reach your destiny.

PATRICIA DONNELLY
Kindness is a loving guide...
That shows us how to live...
A treasure which, the more we spend,
... the more we have to give!

FRANCES DOUGHERTY
A man should never be ashamed to admit
he's been in the wrong, which is but saying,
that he is wiser today than he was
yesterday.

LINDA (HERRIES) DOWD
Healing is a matter of time, but it is
sometimes also a matter of opportunity.

JUNE ELLIOT
Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.

KATHLEEN EVANS
To live a lot,
To laugh a lot,
To love a lot-
And from it all,
To learn a lot.

LORRAINE FEHLER
I excpect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

BARBARA FERRI
The grand essentials to happiness in this life are something to do, someone to love and something to hope for.

NANCY FROST
A merry heart maketh a cheerful countence.

MARY LOUISE (DILTS) GIBSON
Love never gives up:
If faith, hope and patience never fail.

SHARON HAMILTON
Let us not look back in anger, nor forward in fear, but around in awareness.

JUDY HARTLEIB
What you would seem to be,
Be really.

SHARON INGRAM
Whenever things are going badly, I remind myself that tomorrow things will look different --- not better, but different.

SALLY JAKABOWSKI
When seeking answers to the questions of life we gain great understanding of ourselves.

BERNARD JANZEN
He is no fool who gives what he cannot keep, to gain what he cannot lose.

KATHARINA JANZEN
What is a man, that, thou art mindful of
    him?
And the son of man, that thou visitest him?

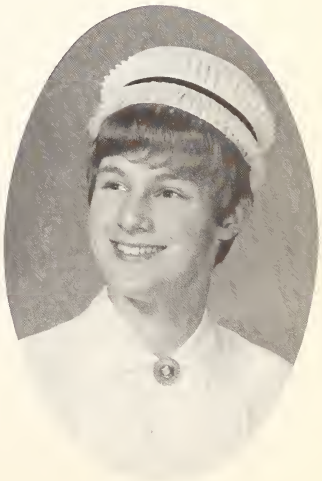
MAUREEN JORDAN
Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars.

KAREN KENNEDY
Be not afraid of life. Believe that life is worth living and your belief will help create the fact.

HANNE KLOSE
This above all, To thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.

ELEANOR KOOP
The more you give
The more you'll find
That life is good
And friends are kind -
For only what we give away
Enriches us from day to day!

SUSAN LAWSON
Anything worth doing is difficult.
Anything worth having is hard to get,
Nothing in this world is so precious as one's
own personal satisfaction in succeeding.



PATRICIA (McCOMB) LEWIS
Live each day as best you are able and
every yesterday will be a dream of happiness
and every tomorrow a vision of hope.

SUSAN LEWIS
We must constantly build dikes of courage to hold back the flood of fear.

KAREN MARJORAM
I will pass through this world but once. Any good thing therefore that I can do, or any kindness that I can show to any human being, let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again.

LYNDA MATTHEWS
There are three things which are real: God, human folly and laughter. The first two are beyond our comprehension, so we must do what we can with the last.

BETTY MEHLENBACHER
The important thing in this world is not so much where we stand, as in which direction we are moving.

AUDREY MOOY
You give but little when you give of your possessions,
It is when you give of yourself that you truly give.

CLARE MORNINGSTAR
The most wasted day of all is that on which we have not laughed.

BRENDA (HILTS) McALPINE
Don't part with your illusions. When they are gone you may still exist but you have ceased to live.

KAREN McBRIDE
Weeping may endure for a night, but joy cometh in the morning.

JUDITH McINTOSH
God is our refuge and our strength;
He has proved Himself greatly a helper in distress - and will continue to do so, at the asking.

LINDA McKELLAR
Without grief to hollow the heart,
There would be no room for joy.

PATRICIA McKINNON
A little nonsense now and then is
relished by the wisest of men.

DOROTHY McLEAN
Everything is by comparison,
Both the Bitter and the Sweet,
And it takes a bit of both of them
To make our lives complete.

LORRAINE MacLEOD
To laugh often and much, to win the respect of intelligent people..., to earn the appreciation of honest critics ..., to appreciate beauty, to find the best in others... This is to have succeeded.

MARILYN McWATT
For Mercy has a human heart,
Pity a human face,
And Love the human form divine
And Peace the human dress.

BETTY ANN NEUDORF
Our deeds determine us as much as we determine our deed.

RITA NEUFELD
Discipline is the refining fire by which talent becomes ability.

CLARE NICHOLLS
Work, while you work.

LINDA NIXON
One can never pay in gratitude; one can only pay "in kind" somewhere else in life.

STEPHANIE POSWIATENKO
In an individual's darkness of loneliness and fear, the brightest light is that of kindness and understanding.

MARGARET RAPSON
Remember, when life's path is steep, to keep your mind even.

WILLIAM SAVAGE
They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint!

HELEN SCHMIDT
There is a wonderful, mystical law of nature that the three things we crave most in life - happiness, freedom, and peace of mind - are always attained by giving them to someone else.

VALERIE (NICOL) SCIARRA
Resolve to be thyself: and know, that he Who finds himself, loses his misery.

HELEN SERRAVALLE
We can secure other people's approval. if we do right and try hard, but our own is worth a hundred of it, and no way has been found out of securing that.

JUDITH STEWART
God gave his children memories that they may have June roses in December.

BONNIE TERNAN
It is high time, that a moral game - law was passed for the preservation of the wild and vagrant feeling of human nature.

SUSAN TOOVEY
The highest reward for a man's toil is not what he gets for it but what he becomes by it.

CANDACE TRIP
The man who himself strives earnestly,
God also lends a helping hand.

JULIANA TWARDAWA
'Tis with our judgments as our watches, none
Go just alike, yet each believes his own.

SANDRA TYMINSKI
To believe with certainty we must begin to doubt.

SANDRA UNYI
The happiness we give to others
Makes us happier too, we find,
Just as friendship returns to the friendly,
And kindness comes back to the kind.

WILMA VERVER
Such was the rule of life! I worked my best,
subject to ultimate judgment, God's not
man's.

BARBARA WATSON
To serve mankind is to love
To love mankind is to believe
To believe in mankind is life
And the life of mankind is in God.

PAULINE WELLWOOD
There is something fine and big in every one of us, but only those who love can see it.
Who can say love is blind?

RUTH WICHERT
Follow Me, and I will make you
Make you what you ought to be
Make you loving, trustful, godly,
Make you even like to Me.

CHRISTINE WOS
And when one of you falls down he falls for those behind him, a caution against the stumbling stone. Ay, and he falls for those ahead of him, who though faster and surer of foot, yet removed not the stumbling stone.

BETTY ANN WREN
God grant me the Serenity
To accept the things I cannot change;
The Courage to change the things I can;
And the Wisdom to know the difference.

LORRAINE YOCKELL
The only thing that keeps a man going is
energy. And what is energy but liking life?

BONNIE BOCCIOLETTI
The only gift is a portion of thyself.

Dear Mom and Dad,

Tonight, I am sitting down to write you a letter which I feel is more important than most you have received. "Why?", you may ask. Well, it's because this is my last letter as a Student Nurse. Tomorrow is Graduation, and the beginning of a whole new life for me.

It seems like such a short time ago, that the three of us mounted the front steps of Schmon Residence. Do you remember how very excited I was, and yet underneath how very frightened? Here I was, embarking on a career that was to be my whole future and you were there to give me the support I needed to face it.

It must have seemed very strange for you as well, to watch me, the one whom you had brought into this world, loved and punished, advised and guided as best you could, start out on a life of her own. To watch her grow from complete dependence upon you both for all her needs, to a more and more mature adult capable of making her own decisions. There were many times during this transition period that I was unsure of myself and my decisions and yet always you were there to understand, help and guide me as you always have.

There were times when I felt that I just could not go on due to circumstances which I was sure were far beyond my control. Times when my experiences were so wild and wonderfully exciting that I could barely contain myself in my effort to portray to you how "majestic" is this career of nursing. Then there are times like our Graduation - the top of Mount Everest - the "Crowning" of three years of hard work. You are with me then as well, wishing me the very Best of Luck and your heartiest Congratulations.

Throughout this whole period of my life you have been beside me, giving me advice, encouragement and guidance where needed. But most of all you have given me your "Love" which has meant more to me than words can ever express. This love toward me, has made my past three years, my Graduation and my Life possible.

For all this I thank you from the very bottom of my heart and hope that through the Love and Grace of God I can someday help to make the kind of parents that you have been to me.

Love Always . . .

Affiliations...

...A Time to Learn

Obstetrics....

"Hurry Up Driver"

Carole and Friend

"We Always Deliver"

"Dr. Patry"

A Time to Be Born

Supervisor Kneale

"Oops - Wet Again"

"Pretty Baby - Don't Cry"

"Miss Beaton & Mrs. Wright"

Paediatrics...

Stage Fright

Flush-a-bye Babies would rather fight than switch!

Mrs. Clean and Friend
Judy Dandy.

Cheese? I can't even talk yet!

A Time to Love

Behind bars at 3 months!

Push faster Nurse!

But nurse I think your cap is nice.

But I don't want to smile!

Hurry on, this is a good story.

Psychiatry...

To understand people is a fascinating and challenging endeavor. Many persons are helping others with their emotional problems but what of the STUDENT NURSE???

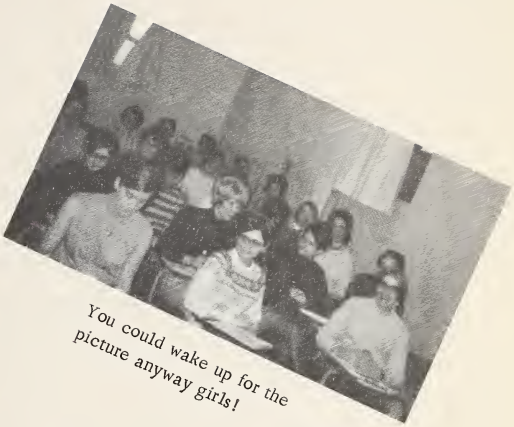
A Time to Understand

"Delusions of Grandeur"

"Regression"

Med — Surg.... A Time...

Sweet Innocence!!
(First Day on Wards)



You could wake up for the picture anyway girls!

Coffee, Tea or Me?

Open Wide for Dr. Savage.

I suppose you're getting tan.

First injection.

Coffee Break!

"Local Union MSN reporting on duty"

LOOKS LIKE 7 a.m. FLU TO ME

♪ Side by side ♪♪

Activities...

...A Time to Remember

A Night at the Moulin Rouge.

Welcome'72! You're one of a kind! That was the general feeling held by most who attended the welcoming party for the class of 1972. M.S.N. was now complete having three classes. Entertainment was supplied by the classes of '70 and '71. Another fun night to remember.

Who put the glue in my Pepsodent tube?

If these silly suspenders go!!!!

Banding, Half-Way & Pinning

Three big events in our years as students. Looking forward to them they seemed eternities away but now looking back on them they seem five minutes apart. Banding marked the end of Term 1; Half-Way speaks for itself; and Pinning brought us to our last six months. With its arrival it left the last big step--------GRADUATION.

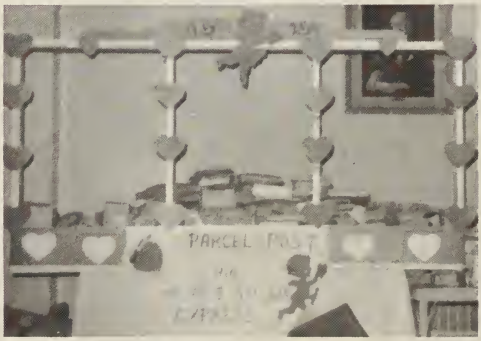
Banding

Half-way

Pinning

Fund Raising

Valentine Tea and Bazaar, Weekend of Events, our "show", rummage sales and bake sales were all put on to help us get some money into our treasury. We acted, washed cars (in the rain), collected bottles and were sales clerks working towards our goal. All those involved definitely agree that although a lot of work, it was "fun for funds".



Toyland

The swirl of peau de soie and velvet, and the perfume of orchids and sweetheart roses set the mood for the annual January Formal. Club Heidelberg was once again a flurry of laughter and excitement as friends from all three classes gathered to dance to the lively beat of The Spartans. Tiny toy soldiers and teddy bears looked on from the Toyland setting.

"Before"

"After"

"My girdle is killing me!"

"How come I got lemonade?"

"I did't want to come either"

"Did you hear the one about..."

"Cheese"

"The look of love"

Residence

Residence is quite a place,
Somewhere to sleep and wash your face;
While you're there it may seem hell,
But when you're out you know darn well
Nowhere else you'll ever be,
Where you'll get your meals for free!

Home it is for the first two years,
Where you have your laughs and cry your tears;
It is here you make new friends,.
Learn to borrow and learn to lend:
You study and play and work together,
Through sunny times and stormy weather.

Schmon is the first place that you stay,
"This isn't bad!" you find you say:
Next there is Leonard - need we say more?
With cracks in the ceiling and holes in the floor;
Apartment living - the independent way,
You soon find out takes most of your pay!

On the following pages we hope you'll see
Residence is all it's cracked up to be.

AH-H-H!

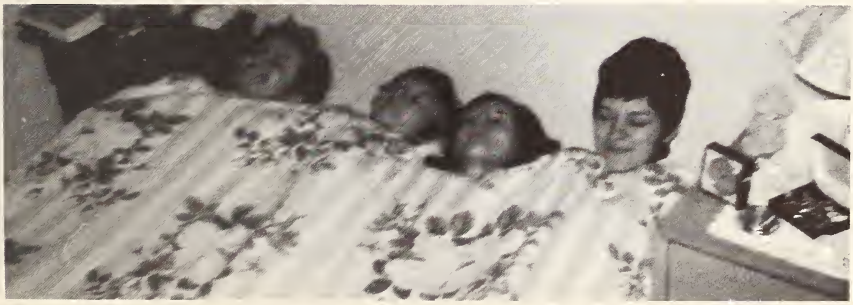
LEONARD!

BURP!

K.K. CAN BE MESSY TOO!

EVERYONE NEEDS BULK!

Party Times



"M.H.???"

"O.K. - 8 o'clock"

"Wait for me"

"5 for a dollar"

"Just pull the
cork and drink it!"

"Another victim of the
M.H. flu!"

"HAPPY BIRTHDAY"

"I KNOW JUDO"

WE'VE BEEN DRAFTED!

CHRISTMAS.... 4th FLOOR"

"HAMILTON Y.W.C.A."

"SO YOU TOLD EH....?"

"SPECIAL TODAY - USED TAPEWORMS"

"FRIENDS? ? ? ?"

"PEEK A BOO"

"AND THEN HE..."

"CROSS MY HEART"

"SHORT AND SWEET"

Sure beats toast and jam anyday!

Cakes and cookies and other things

"And she's not moving 'til the tooth fairy comes."

...Now I'll just wait for the handsome young prince to come along...

Addicted? Gosh No! I quit after every one. . .

"I'm asking Santa for a big dolly"

"What are friends for?"

"... nasty accident she had!"

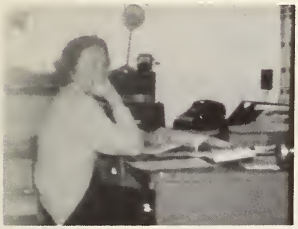
Ban won't wear off ...

"Snow!!"

"Who put the Ex-lax in the chocolate chip cookies?"

These Are Our Teachers!

C'MON "KEEP THE JOKES CLEAN"



Mmm...DUNHAM'S NOT DOING MUCH

"THE JOKER WENT WILD"

A MONOGRAMED PIZZA?

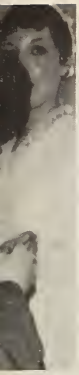
Mmm...SISTER'S NOT DOING MUCH

"I'LL NEVER GET A RIDE HERE!"

"YOU THINK YOU'RE HOT..."

"I HAVE NEVER IN ALL...!"

Ta



ent?

PY NEW YEA

Do You Remember...

- B. Savage and C. Wos chasing diarrhea up and down the grooves of an alternating air mattress?
- K. Pattinson doing the "Flamingo" down the halls of the "San" with a rose between her teeth?
- the first time L. Herries emptied a bedpan... and threw up?
- the look on J. Elliott's face when she found out rectal thermometers had BLUE tips?
- the question - "What skin prep is necessary for a T.U.R.?" and H. Klose's answer "Shaving the perineum anus, lower abdomen, back and upper legs." (Paint the area with Tinc. of Merthiolate.)
- the maid asked B.A. Neudorf for her patient's water pitcher and she handed her his urinal?
- J. Twardawa dyed a psychiatric patient's hair then was told of the law prohibiting it?
- C. Trip thought that P.O. meant post-op so didn't give the drug?
- C. Wos thought the urinal was a water pitcher and poured her patient a glassful?
- H. Serravalle got up, dressed, and waited for the bus to the Hotel Dieu before realizing it was only 3:10 A.M.?
- S. Tyminski, attempting to take one of her first phone orders from a Doctor was asked..."Who are you...the janitor?"?
- "My what a pretty cap....What are you?"?
- "Are you training for Candy Stripers?"?
- "Add some flowers and you have an Easter Bonnet:"?
- "I thought Halloween was over..."?
- 6:00 A.M. the day of her birthday when C. Wos tried to "fix" the toilet and completely flooded 3rd floor East?
- M. Rapson and P. Wellwood arriving in the R.R. without a stretcher were asked if they intended to walk the patient back?
- B.A. Neudorf used a leaking enema tube and wound up giving an S.S.E. to the bed.
- R. Neufeld overflowed the bathtub and we cleaned up 42 pails of water?

Nothing Is Quite as Sure as Change...

Miss Hudson

Mrs. Sirotnik

Miss Brough

Mrs. Twocock

Mrs. Lefebvre

Sister Boase

Miss Dunham

Mrs. Tulchinsky

Miss Wilms

Miss Smith

Miss Breaugh

Miss Fast

Miss Pattinson

Miss Finlayson

Miss Saunders

. . . Yours truly,
J. Twardawa

Senior Directory

AIKEN, Janet, 6 Brentwood Rd., Grimsby, Ont.
ANDRES, Linda, 437 Scott St., St. Catharines, Ont.
BARRETT, Linda, 2689 Dorchester Rd., Niagara Falls, Ont.
BEATT, Kathleen, 70 Elmhill Blvd., Ancaster, Ont.
BEDARD, Carole, 10 First Ave., St. Catharines, Ont.
BOCCIOLETTI, Bonnie, 26 Ormond St. N., Thorold, Ont.
BROWNLEE, Janice, 659 Jane St., North Bay, Ont.
CAMPBELL, Lynn, 202 Niagara St., Welland, Ont.
CLARK, Cheryl, 308 King St., Niagara-On-The-Lake, Ont.
CLIMENHAGE, Judith, 3616 Disher St., Ridgeway, Ont.
COUSINEAU, Colleen, 486 Bell St., Port Colborne, Ont.
CONNELLY, Elizabeth, 30 Marlene Dr., St. Catharines, Ont.
CREEGGAN, Frances, 140 Bartley Bull Pky., Brampton, Ont.
DALE, Pamela, R.R.#1 Vineland Station, Ont.
DMYTROW, Nancy, R.R.#4, Welland, Ont.
DONNELLY, Patricia, 110 Columbia Dr., Hamilton, Ont.
DOUGHERTY, Frances, R.R.#2, Woodbridge, Ont.
DOWD, Linda, 1 Eastchester St., St. Catharines, Ont.
ELLIOTT, June, 33 Wilton Cres., Ottawa 1, Ont.
EVANS, Kathleen, 112 Dunkirk Rd., Welland, Ont.
FEHLER, Lorraine, 40 Shaw St., Welland, Ont.
FERRI, Barbara, 52 Kingsway, Welland Junction, Ont.
FROST, Nancy, 329 Mountain St., Beamsville. Ont.
GIBSON, Mary Louise, 151 Southworth St., Welland, Ont.
HAMILTON, Sharon, 377 Princess St. W., North Bay, Ont.
HARTLEIB, Judy, 1051 Wanda Dr., Burlington, Ont.
INGRAM, Sharon, R.R.#3, Wainfleet, Ont.
JAKABOWSKI, Sally, 2 Dorset St., St. Catharines, Ont.
JANZEN, Bernard, 89 Chaplin Ave., St. Catharines, Ont.
JANZEN, Katharina, 89 Chaplin Ave., St. Catharines, Ont.
JORDAN, Maureen, 89 Park Ave., St. Catharines, Ont.
KENNEDY, Karen, 162 Rosemary Lane, Ancaster, Ont.
KLOSE, Hanne, 20 Woodcrest Dr., St. Catharines, Ont.
KOOP, Eleanor, 28 Springbank Dr., St. Catharines, Ont.
LAWSON, Susan, 143 Park Ave., E., Dunville, Ont.
LEWIS, Susan, 38 Carwyn Cres., Hamilton, Ont.

LEWIS, Patricia, 34 Catharines St., Fort Erie, Ont.
MacLEOD, Lorraine, 21 Huron St., Welland Junction, Ont.
MARJORAM. Karen, 216 Geneva St., St. Catharines, Ont.
MATTHEWS. Lynda, R.R.#2, Welland, Ont.
MEHLENBACHER, Betty, R.R.#2, Hagersville, Ont.
MOOY, Audrey, 11 Thomas St., St. Catharines, Ont.
MORNINGSTAR, Clare, 10 Emerick Ave.. Fort Erie, Ont.
McALPINE, Brenda, 315 Glendale Ave., St. Catharines, Ont.
McBRIDE, Karen, 440 Prospect Pt. Rd., Ridgeway, Ont.
McINTOSH, Judith, 183 St. David Rd., Thorold, Ont.
McKELLAR, Linda, 768 Bernard Ave., Ridgeway, Ont.
McKINNON, Patricia, 1280 Keewatin Blvd., Peterborough, Ont.
McLEAN, Dorothy, R.R.#2, Rockwood, Ont.
McWATT, Marilyn, 2775 Don Mills Rd., Willowdale, Ont.
NEUDORF, Betty Ann, Box 138, Virgil, Ont.
NEUFELD, Rita, 17 Townline, St. Catharines, Ont.
NICHOLLS, Clare, 421 Maple, Burlington, Ont.
POSWIATENKO, Stephanie, 54 Pelham St. N., Fonthill, Ont.
RAPSON, Margaret, 17 Leeson St., St. Catharines, Ont.
SAVAGE, William, 1071 Don Mills Rd., Don Mills, Ont.
SCHMIDT, Helen, 71 Vale Ave., St. Catharines, Ont.
SCIARRA, Valerie, 1 Eastchester, St. Catharines, Ont.
SERRAVALLE, Helen, 22 Thompson Ave., Thorold, Ont.
STEWART, Linda, 40 Rodman Ave., St. Catharines, Ont.
STEWART, Judith, R.R.#1, St. Catharines, Ont.
TERNAN, Bonnie, R.R.#4, Kenilworth, Ont.
TOOVEY, Susan, 25 Woodland Ave., St. Catharines, Ont.
TRIP, Candace, 824 Connaught Ave., Ottawa, Ont.
TWARDAWA, Juliana, Box 307, Vineland, Ont.
TYMINSKI, Sandra, 105 Eastchester, St. Catharines, Ont.
UNYI, Sandra 205 Thorold Rd. W., Welland, Ont.
VERVER, Willy, 83 Meadowvale Dr., St. Catharines, Ont.
WATSON, Barbara, 397 Third Ave., Niagara Falls, Ont.
WELLWOOD, Pauline, R.R.#5, Stratford, Ont.
WICHERT, Ruth, 26 Grosvenor St., St. Catharines, Ont.
WOS, Christine, 153 Central Ave., Fort Erie, Ont.
WREN, Betty Ann, R.R.#1, Simcoe, Ont.
YOCKELL, Lorraine, 623 Niagara N., Welland, Ont.

Nurses' Prayer

Dear Lord, on this our Graduation Day,
With grateful hearts, we humbly pray
From this day on that we may be
Dispensers of Your charity.

With willing hands and willing heart,
Give us the strength to take out part
Amidst a world of pain and grief
To comfort, soothe and bring relief.

To lend a sympathetic ear;
To wipe out doubt and vanquish fear;
To bring a ray of sunshine where
There is but darkness and despair.

In every task, in every trial,
Lord, grant us all a cheerful smile,
And may we pass it on each day
To those we meet along the way.

Help us fulfill Your work on Earth-
Bless every death, bless every birth.
And may we always walk 'mongst men
Worthy of these caps. Amen.

With Thanks--Class of 1970

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